

**Reflect on the Talk** – What did God say to you during the talk? What did you find helpful or interesting?

### **Bible Study**

Read Matthew 11: 25 – 30

#### **An invitation we all have**

*“Come to me”.*

Jesus begins by inviting us to come to Him. To be with Jesus. It is obvious that the first followers of Jesus responded to this call by physically being with Jesus. They lived with him, walked with him, ate with him, listened to him.... But how do we in the 21<sup>st</sup> century, in the northern suburbs of Sydney, Be with Jesus?

Read John 14: 15-31

1. “True love for God always shows itself in obedience to Him.” *Look at John 14 verses 15, 21, 23-24 and 31.* How does the Spirit help us to love and obey Jesus?
2. In verses 18 and 23 Jesus promised without reservation that “I will not leave you as orphans, I will come to you.” “The Father and I will come and make up our home with you.” The mystery of this passage is that when we receive the Holy Spirit, because he is God, we also get the Father and Son living with us. *Spend some time discussing how we can become more aware of this reality? I.e. what difference does this make practically?*

**Summary:** Jesus, through the Holy Spirit, is always with us - 24/7. Practicing the Way is learning spiritual rhythms and habits to help us to be more with Him.

#### **The burden we all share**

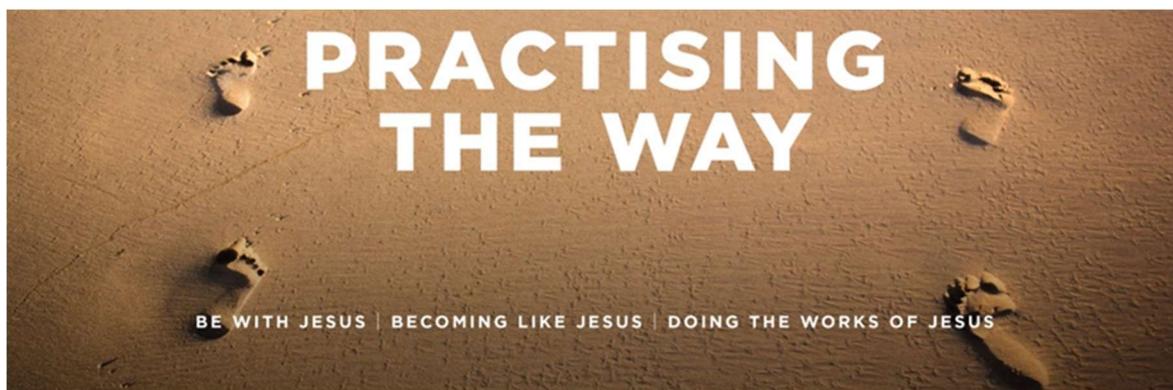
*“all you who are weary and burdened,”*

1. How does modern life cause us to be weary and burdened?
2. Read Matthew 23:4. How can religion become a wearisome burden?
3. What dangers do you see even with this series and how can we avoid simply becoming more burdened and busy?
4. Read Matthew 11: 25. What is it about the attitude of little children that Jesus wants us to adopt?

#### **The rest (life) we long for**

*“and I will give you rest. <sup>29</sup>Take my yoke upon you and learn from me,”*

1. What do you think the rest is that Jesus is referring to in verse 28?
2. A yoke was a Rabbi’s particular understanding of the Scriptures. When Jesus says “take my yoke upon you” He is meaning that we adopt and follow the teachings of Jesus. But notice that Jesus also says learn from me. This involves learning not only what Jesus teaches but what he does – his practices (and perhaps also unlearning ways we our habits or practices conform to the patterns of the world)! In this season of life, what are you learning from Jesus?



3. The invitation of Practising the Way series is to learn afresh how to be an apprentice of Jesus. If you read through all four Gospels, you will discover a number of lifestyle habits or practices of Jesus. Consider how Jesus practiced:

**Prayer.** At least 25 times in the Gospels, we read of Jesus praying. According to Luke 5:16, Jesus prayed often by himself. In other words, He made a habit of it. In the Sermon on the Mount, Jesus taught His followers about prayer — specifically, private prayer (Matthew 6:6).

**Fasting.** At the onset of His public ministry, Jesus took 40 days to fast in the wilderness. While it made His body weak, His spirit grew stronger. Luke 4:14 says that after His trial in the wilderness, Jesus returned to Galilee “in the power of the Spirit.”

**Sabbath Keeping.** Luke 4:16 says that “on the Sabbath day [Jesus] went into the synagogue, as was his custom.”

**Bible Reading.** Studying Scripture was an important part of Jesus’ life. In fact, by age 12, He was already as biblically literate as the leading teachers (Luke 2:41-47).

**Solitude and Silence.** Jesus regularly ministered in front of large crowds but He also made a habit of getting away from time to time (Luke 5:16). In fact, He even encouraged His disciples to get away to a quiet place and rest (Mark 6:31).

**Service.** In Mark 10:45, Jesus said His goal in coming to earth was not to be served but to serve others and to give His life for our benefit.

**Community.** He called the disciples to come and be with Him (John 1:12-51). He was often at weddings, (John 2), inviting himself to people’s homes (Luke 19).

**Simplicity.** Jesus avoided and taught about the dangers of accumulating more and more wealth (Matthew 6:19-24)

**Unhurriedness.** Jesus seemed to avoid being hurried, he was often late, he was often interrupted and seemed to enjoy stopping to be with people (Mark 5:21-43)

John Mark Comer says *“If you want to experience the life of Jesus, you have to adopt the lifestyle of Jesus”*. If this is true, then how could the above habits & practices of Jesus shape our following & being with Him?

### Rest for our souls

*“<sup>29</sup>for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy and my burden is light.”*

Remember our **TCBC transformation pyramid**? Our aim is not for this framework of intentional spiritual formation to create another heavy burden, but quite the opposite - to help and free you to experience true rest for your souls by being with Jesus. Only his yoke is easy and only his burden is light!

Remember that the slow change /transformation process happens as we meet with Jesus through:

- *Being transformed* indwelt by the Holy Spirit
- *Being renewed* in the Scriptures
- *Being family* in Christ centred community and
- *Being intentional* by Practising the Way of Jesus.

Three weeks (one third) of the way in, we hope this series is freeing you be with Jesus and practising His way.

1. Share honestly (as family!) with one another if it is or isn’t helping!
2. Pray for one another, wherever we are at on the journey

